

"Base X" 90-day deployers due home at month's end

by Lt. Col. John Rice, State HQ PAO

Their long rotation is almost over. A substantial number of 90-day "Base X" Deployers, including 157th Commander Col. Richard P. Martell, are scheduled to return at month's end. In the meantime, some 22 unit members came home on the evening of February 8. After 45 days at the European site, they were swapping out with personnel most of whom left the day before.

More than 40 family and friends crowded Building 253 to give the redeployers a rousing welcome. Newspaper and television coverage brought the poignant scene home to living rooms throughout greater New England.

"What an emotional event that was," said Wing Vice Commander Col. Carolyn Protzmann. "It was fun to watch the families interact."

Also coming back after a quick visit to the troops were New Hampshire Adjutant General Maj. Gen. John E. Blair and Senior Enlisted Advisors Ron Nadeau and Bill Houghton. All noted high morale overseas despite a grueling "Base X" work schedule.

It makes me so proud that I'm a part of this organization," Blair said.

The scene capped a month in which the unit suffered its first Operation Enduring Freedom casualty. SSgt. Tim Craig, 33, a civil engineer, sustained second-degree burns to his face, chest and arms as he attempted to repair an electrical transformer in Saudi Arabia. He was transferred through Germany to Walter Reed Army Hospital in Washington and then home.

Protzmann praised Craig, who expects a 100 percent recovery.

"He's got a tremendous attitude and looks great," she said. "He said the 157th was doing outstanding work over there and that the Actives appreciate us. He really wanted to stay in the fight."

Craig's injury was a high profile reminder that the 157th has more than 70 people on 90-day tours not only at Base X, but also in Saudi, Turkey, Bahrain and Pakistan. They are civil engineers, fire fighters, PERSCO, Communications, Services and Contracting personnel.

"We can never forget these people," Protzmann said. "It's important to me that we recognize their contribution, especially given the constraints under which they work."



NHANG photo by SSgt. Aaron Vezeau

KC-135s lined up and ready to redeploy troops from Base X.

As for the future, there is no indication when the unit might return to "business as usual." The Security Forces remain mobilized. When the 157th's lead role at Base X ends, a 35-40 person Operations/Maintenance package will swap-out for another 45-days. Some are going back for a second time. Still, there are hints that the Noble Eagle "Home Land Defense" mission might be adjusted.

"For now it's just talk," Protzmann said. "Where that goes, we don't know. It doesn't seem like this will be a quick decision."

The unit has also been allowed to "fence" some of its flying schedule, ensuring that training goes on uninterrupted and operators stay current. Be that as it may, communicating to the troops in a high ops tempo atmosphere, not to mention an ORI down range, remains a stiff test for the unit's commanders.

"We know we have to strike a balance in terms of on-going requirements versus employer and family," Protzmann said. "It's always a challenge to figure out what that balance is and communicate effectively what's going on."

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Commander's Column

By Col. Carolyn J. Protzmann



Recently, I had the honor of enlisting my niece into the active Air Force. She is heading for Montgomery, Ala., to Officer Training School. She never had any personal affiliation with the military and knows only about it through her other sisters and aunts talk. The MEPS XO, (a Coast Guard lieutenant) was present at her enlistment. He wanted to know if he could ask my niece a question.

"Why do you want to go into the military?" he asked.

At first she had no response. I suspect because she was unsure whether to disclose to this officer, who just told her to stand at attention before him, that frankly, she needed the money. In the end she indicated she thought the military would give her direction and purpose and he was certainly happy with that response.

I got to thinking about what happened

and wondered how many of us joined the military for selfish reasons. I know I did.

I joined because I saw the lifestyle my sister enjoyed as a 2nd lieutenant compared to my 80-hour every week-end work schedule...and she was still making more money than I! I also remember at the time I took the oath of enlistment, I didn't pay any attention to the words.

It took me awhile to catch on about service and allegiance and defending the constitution but as I celebrate my 22nd year of military service, I know every word of the oath of enlistment. Every time I have the privilege of enlisting or reenlisting an individual into this unit, I affirm my own service to my country with deep reverence.

All of us joined this nation's military for some reason. Now this nation has called upon us to support and defend it just as we swore we would do... We are doing a magnificent job! When all is said and done, each of us will have to assess the price we are willing to pay for our military membership. But rest assured... our nation will be proud and grateful we took that oath.

So, on that cold January morning, my niece, with tears in her eyes, recited the oath of enlistment for the very first time and maybe understood, just a little better, what she was being asked to do. As she joined those of us who know what it means to serve our nation.



NHANG photo by SSgt. Aaron Vezeau

A flightline worker prepares aircraft for take-off.



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The Refueler welcomes articles and ideas that will improve the paper. If you have suggestions for feature or specific articles, please contact the PA office at x3413/3577, or your Unit Public Affairs Representative (UPAR).

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SSgt. Pam Clements x2442

Logistics

TSgt. Glenn Mueller x3245

TSgt. Bob Willbrandt x3467

Services

SSgt. Lori Johnson x3291

Live from overseas...



NHANG photo by SSgt. Chris Tessier

Sally Gerrish is all smiles as she speaks with her husband, TSgt. Tom Gerrish, Engineering Craftsman, Civil Engineering Squadron. The Family Support Program arranged the visit via a video tele-conference connection.

TSgt. Tom Gerrish chats with his wife Sally and daughter Samantha in real time. The conference is part of an ongoing effort by the Family Support Program and the 157th ARW to keep morale high for family members here and our deployed personnel.



NHANG photo by SSgt. Chris Tessier

Healthy lifestyle choices good for you, your family and the guard

by MSgt. Brenda Blonigen

Last May TSgt. Jim Dolph, Historian for the 157th ARW, nearly died.

Experiencing chest pains, he went to the Wentworth Douglas Hospital in Dover, NH. While in the emergency room he suffered a heart attack. According to his doctor, if he had been anywhere other than the hospital he would not have survived.

At age 45, his story is more common than you may think. Eighty-five percent of all deaths today, prior to the age of 65 are preventable and unnecessary. They are attributed to the way we live our lives.

Jim is fortunate. He now has the opportunity to change his lifestyle, improve his health and live long enough to see his young children grow up.

He has kicked his nicotine habit. He has changed his eating habits and started an exercise program. Jim has lost weight and now is very familiar with his blood pressure and cholesterol levels.

Sometimes we look at the Air Force and Air National Guard fitness and weight management standards as unrealistic standards that we have to fit into our drill weekends and comply with. We should think of these two programs as necessary to improve our overall health.

The Air National Guard has been reevaluating the annual fitness test requirement and has come up with a solution that seems both practical and safe. It includes push-ups and crunches, but there is a significant change to note. The "walk/run" we have all become familiar with is being replaced with a 3-minute step test.

Many people say they can't do push-ups because they don't have "that" kind of upper body strength. When was the last time that you picked up your "A" bag or your "B" bag for deployment? It may be more strenuous than doing a full-body push-up. As far as the 3-minute step test, don't make the mistake of thinking you don't have to do much to prepare for it. Stepping for 3-minutes sounds easy, but don't allow yourself to fall into a false sense of security.

Now is the time to start making healthy changes in your life. Make these changes for yourself, your family and the Guard. Begin preparing yourself for the future fitness testing. It's not just to prepare for the fitness test; it's to plan for a long healthy life.

Oh, by the way...

by *The Chaplains and Staff*

The adage, "You do not know what you have 'til it's gone" is proven throughout one's lifetime. As we advance in age or become ill, we quickly come to the realization of how much we have taken for granted our youth and our health. In the younger years, we readily recovered from both illnesses and injury. How keen was our sight and our hearing! With strong backs, speed, and agility we went about our daily activities of play, sports, and chores!

As time travels further away from childhood, we begin to yearn for the youthful days free of the weight of adult responsibilities and demands. In some cases we even wish for a second chance at childhood. Can you recall, as a child, wishing away the years of our lives? It's easy to recall some of those wishes, "If I was a little older I could stay out later, go to the Mall by myself, get my license or even get a job."

How slowly the time seemed to pass

in those years, yet how quickly the years seem to pass now! Oh, how we wish we could go back and enjoy the wonders and seeming freedoms of that time. There are a multitude of life experiences that verify the old adage.

For us at the 157th, the veracity of this saying rings out loud and true. As of February 1, Chap. Kellogg left the rolls of the 157th and is now "rocketing" his way into a new position with Space Command.

Over the years, one could easily take for granted the quiet presence of Chap. Kellogg, yet his footprints were readily visible throughout the base. It's difficult to capture in words his presence and work here, so we turn to God's Word in Scripture where an excellent portrayal of his work can be found. In the Book of Isaiah we read, "The Lord says, 'Where is my servant whom I strengthen-the one I have chosen, with whom I am pleased. I have filled him with my Spirit and he will bring justice to the people. He will not shout or raise his voice or make loud

speeches. He will not break off a bent reed nor put out a flickering lamp.'"

This Biblical passage describes accurately the work and the presence of Chap. Kellogg. His gentleness, concern, and selflessness puts all at ease, making one and all comfortable in his presence. Truly, the love and care of God, emanates from his whole being as he went about leading, strengthening, and comforting God's people. He is a man of God, a man of peace. His presence has been a blessing to one and all.

Chap. Kellogg will continue to serve the 157th in his counseling role on Thursdays. The bad news is that he will no longer be as present as he was in the past. Our loss is truly the Space Command's gain!

Oh, by the way, on behalf of the entire 157th ARW, we wish Chap. Kellogg God's choicest blessings, joy and success in his new venture. We would also like to remind him where home is and to assure him that he will always find an open door, good friends, warmth and a comfortable chair.

Learning the ABCs of fire extinguishers



NHANG photo by SSgt. Chris Tessier

(left) Firefighter Lenny Rendell, explains the ABCs of fire extinguishers to TSgt. Dwight Olewine and TSgt. Lonnie Sansoucie, both from the Finance Office. The fire extinguisher training is an annual requirement for guard personnel. (right) Capt. Chad Forrest, Chief of Military Equal Opportunity, discharges an extinguisher toward a barrel containing burning gas while SrA. Jessica Tanner, Chaplain's Assistant, observes. The fire department uses the barrels of fire to familiarize personnel with the proper use of an extinguisher. Mr. Rendell emphasized the importance of knowing how to use an extinguisher before it's needed.



NHANG photo by SSgt. Chris Tessier

Info Management TDY takes Erwin on Antarctic adventure

by SrA. Lucinda Erwin

My TDY to Antarctica and New Zealand as an Information Management (IM) augmentee for Support Forces Antarctica was a truly wonderful adventure.

Arriving first at Christchurch, New Zealand, I received cold weather gear to wear while in Antarctica. I left Christchurch on a C-141 Starlifter for the long flight, six and a half hours, to the Continent of Antarctica. I remember looking out the window and all I could see was ice in every direction. I had to put my sunglasses on to keep looking at it.

When we arrived at Williams Field, Antarctica, I stepped off the plane to an amazing sight. Just ice, ice and more ice.

I was assigned to McMurdo Station. The population there is about 1000 people with the military making up about ten percent

During my two week stay, I visited The Chalet, home of the United States Antarctic Program (USAP) administration and operations center; the ice caves and Cape Evans where British explorer Robert Falcon Scott and his party of explorers set up base on their way to the South Pole in the early 1900s. Their hut is still there stocked with goods. The cold dry air helps to preserve the hut and supplies.

Just one thing among many that took a little getting used to was the daylight. While I was there, it was light 24 hours a day.

The New York Air Guard carried me back to New Zealand on an LC-130. While there, I worked at the Antarctic Center.

I did some sight seeing while I was there. The country was beautiful. The people were super friendly and kind. I went swimming with the dolphins one day. Whoa!!!! Kind of scary really.

I had a great time and learned a lot. Until this trip, I had little understanding of the Antarctic Program. I encourage anyone who has the opportunity, to take it.

With 24 hours of daylight, there was always time to take in the scenery. This truck was a familiar sight around McMurdo Station. One of the few methods of "reliable transportation".



Boarding the return flight after my two week stay. I was sorry to see this part of the trip end but looking forward to more adventure in New Zealand.



In New Zealand where it was between spring and summer, we enjoyed some water sports. Mabel Jones, shown here on the right is a member of the Arkansas Air National Guard.



Earn college credit while saving time and money

CLEP Test Dates

March 20, 2002
June 19, 2002
September 18, 2002
December 18, 2002

by SMSgt. Catherine R. Porter

Where else can you earn up to 12 semester hours of college credit in ONE DAY, but RIGHT HERE at our own Base Education Office? Earn credit for what you know, and SAVE time and tuition (\$\$)! We are currently conducting CLEP, (College Level Examination Program), DANTES (Defense Activity for Non-Traditional Education Support), and Excelsior College testing on a quarterly basis.

There will be a testing session at 0800 and another at 1300 each day. While we have some exams in stock, we may have to order the exam you need, so call at least three weeks prior to the test date. Remember that your SPOUSE

may also test at our center FREE OF CHARGE! Call 430-3521 to sign-up!

The CLEP General English Composition with Essay exam will be given at Pease ANGB on 17 July 02 at 0800. This is a special exam given only certain times of the year. If you want to take this exam, please sign-up by 19 June 02. Call 430-3521.

BIG CHANGES AT CCAF TO BENEFIT ALL ENLISTED!

You will soon earn MORE college credit for attaining your 5 and 7 skill levels! Previously, each skill level earned you four (4) semester hours (SH) toward your Associate of Applied Science (AAS) degree with Community College of the Air Force (CCAF). Starting soon, the 5 level will earn you eight SH, and the 7 level six SH! This change will automatically affect ALL ENLISTED PERSONNEL, no matter what your degree status! What this means is, once this change takes effect, some of you will have automatically earned those last few credits to put you in graduate status! So, if it's been awhile since you've checked your progress in your degree program, you may find you're a lot closer to finishing your degree than you thought!

Speaking of checking your progress, that TOO just got easier! It used to take six to eight weeks to get a progress report from CCAF...now it can be done immediately in our office! So, we in the Base Education and Training office are taking this change a step further, and can now E-MAIL your progress report to you! Although we don't want this service to take the place of seeing you in person to discuss your educational goals, this product will at least give you the opportunity to check your status, and hopefully motivate you to make an appointment with us to discuss completing your degree requirements. To request a progress report, stop by our office, call us at 430-3521, or e-mail me at catherine.porter@nhpeas.ang.af.mil. If you'd like a hard copy, let me know and I'll print one out for you to pick up at your convenience.

Finally, the new version of the Airman Leadership School by Correspondence is worth eight SH of management credit. This change will help many of you satisfy the Leadership, Management and Military Studies requirement for your AAS degree. For more information, call us at 430-3521, or send an e-mail!



by Julia Lightner, SMSgt., (Ret.)

It's hard to think about spring when there's snow on the ground, but March will be here before we know it.

The winter certainly has been full of action for me. I've learned to downhill and cross country ski, and my ballroom dancing has taken me to new

heights, so to speak. I really love the dance, especially since my dance partner has become that "significant other" in my life.

We had a larger number of retirees than usual attend our December meeting and unit Christmas functions. It was a pleasure for us all to reunite and update ourselves regarding family and friends.

Our spring meeting will be held on Saturday, March 2, from 9 to 11 a.m. in Bldg. 259, large briefing room.

Whereas we often have health benefit speakers address us in the spring, Lt. Col. "Dutch" Dunkelberger's staff was kind enough to assist in arranging a small "Military Health Benefits Fair" for our March meeting. We hope to have representatives from the Portsmouth

Naval Shipyard Clinic, VA, Martin's Point, and TriCare. This will be a good time to shop and ask questions, especially if you're in need of assistance or new healthcare arrangements, like I am. Don't be afraid to bring a fellow retiree, as well.

Please continue to send all Refueler address changes to Bobby Conant (MSgt.), 32 Granite Post Green, North Hampton, NH 03862 (603/964-5612) and send email addresses to Doug Murphy (MSgt.) at <dmurphy3@mediaone.net>. All other correspondence can be sent to me, Julia Lightner (SMSgt), 3 Northway Circle #6, Dover, NH 03820 (603/740-4928), <jlightner50@hotmail.com>.

See you soon.

Recruiter Rap

OUR RECRUITING TEAM - 1-800-257-9368

by MSgt.. Shannon M. Tolley

And you thought you got rid of me! I am pleased once again to be bringing this column to you monthly. It is a great way for us to welcome our members and bring you news from the Recruiting team. Speaking of the team, our entire new team has been selected and should be in place by the time you read this. Just to bring everyone up to speed, I would like to familiarize you with the folks who will be serving the vacancy needs of this unit:

TSgt. Michael Daggett will be our most experienced recruiter with a full 9 months under his belt as you read this (Gee, Mike, you could have had a baby!). TSgt. Daggett comes to us from ATC with a ground radar background. He is tearing up the recruiting arena and we expect big things from him.

TSgt. Dianna Sawyer is a former crew chief that filled our newly acquired "4th" recruiter position in October. Dianna is a valued asset to our team bringing experience from many areas of this base to our office.

TSgt. Tom Eldridge has come from the Jet Engine Shop. Tom's professionalism and energy is apparent and, we are thrilled to have him (especially during racing season... can you say tickets?) We are hoping he will go to recruiting school this month.

TSgt. Dan Pollard is yet another "motor monkey" (sorry, Chief Young). It says a lot about a shop when TWO outstanding individuals move on to this prestigious position. Dan rounds out the team. We hope that we can send Tom and Dan to school together. How is that for team building?

So..... there they are. Your New Recruiting Office! As we strive to mold and learn, we will continue to put forth the best of this organization.

Quote of the Month

"The most important question to ask on the job is not 'What am I getting?' The most important question to ask on the job is 'What am I becoming?'"

-Jim Rohn

Hear Ye, Hear Ye..... A \$200.00 "Bounty" could be yours! Bring me a lead for a Qualified Optometrist! If that individual is appointed into our unit, you receive "the Bounty"! That is all there is to it! Do you SEE how it works?

Our Newest Members!!! Give a big NH Welcome to these folks!

ATC

SSgt. Brian Massey

SSgt. Alfred Orsini

MXS

SSgt. Martha Gladu

SSgt. Nino Trapini

CES

TSgt. Eric Pelkey

ARS

Capt. Noah Conrad

LS

SrA. Ron Connary Jr.

SSgt. Mark Lawton

THIS FISCAL YEAR'S "BONUS AFSCs"

2S0X1 Inventory Management

2A6X6 Electro/Environmental

1C1X1 Air Traffic Control

2F0X1 Fuels

3E951 Readiness

2E0X1 Ground Radar

2E1X3 Ground Radio

2A5X1 Aircraft Maintenance

2A6X1 Aerospace Propulsion (Jet Engine)

2A6X4 Aircraft Fuel Systems

3E3X1 Structural
3MOX1 Services
3POX1 Security Forces

We also have the following "critical need" positions open....

Flight Surgeon
Optometrist
Critical Care MD
Chaplain
Aerospace Ground Equipment
Non-Destructive Inspection
Telephone Systems
Survival Equipment
Navigational Systems
Intrusion Detection Systems
Information Management
Electrical
Heating Ventilation and Air Conditioning
Pavements and Grounds
Engineering Assistant
Fire Protection
Medical Administration
Public Health
Medical Service
Medical Laboratory

Well, I think that is enough for this month. Signing off from my new office (YAHOO!).

Promotions

To Technical Sergeant

John P. Capsalis AGS

To Master Sergeant

Jay A. Cote LG

Bruce D. Larrabee

To Senior Master Sergeant

Mark J. McKelligan ATC

To Chief Master Sergeant

Gregg A. Fournier ATC

To Major

Michael A. Domingue MSF

Guard Talk

Due to a tight deadline, Guard Talk is not included this month. Guard Talk will return next month.

Menu

Due to a tight deadline, the Menu is not included this month. The Menu will return next month.

For the March Menu, dial 430-3291 and press 6

Family Readiness Group Newsletter excerpts

The newsletter is a volunteer effort edited by Kim Yates, Robin Flockerzi, and Bill Wilson

*Air Force Crossroads Spouse Network

The Spouse Network Forum is a bulletin board where Air Force spouses can communicate with each other on a variety of topics, sharing personal experiences, information and resources acquired along the way.

The role of the military spouse is an integral part of the military family. Often, the spouse maintains the home and family unit and balances a full-time career in the absence of the service member. We invite you to become a member of this network and encourage you to share this web site with your family, friends and the Air Force community at large.

All Air Force Crossroads Forums are password protected and accessible only to authorized members of the total Air Force and their families. Please be advised that all Forums are monitored to ensure a safe and appropriate environment for all users.

The website: <http://afcrossoads.com/spouse/index.cfm>

*Family Separation and Readiness Booklet!

The Air Force Crossroads website has published a booklet called "Family Separation and Readiness." It states: "While separation can be a difficult experience for members and their families and friends, the Air Force is dedicated to providing our people quality service to make it as painless as possible. The information and resources provided here can make the experience a positive one for you and your family." You can read, download or print this booklet at: <http://afcrossoads.com/famseparation/index.cfm>

*Killington Offers U.S. Armed Forces Reduced Rate On Lift Tickets

This season, members of the U.S. Armed Forces can ski or ride Killington/Pico for \$35 a day with the new Armed Forces Card. The card allows Active Duty, Reserve, National Guard or Retired members of the U.S. Armed Forces to purchase a lift ticket at any ticket window any day Sunday through Friday, nonholiday, at the reduced rate simply by presenting the card and a valid military ID. The fee is \$25 if the card is purchased online or at Killington. To receive a card order form from Killington, contact Mike Clifford at 802-422-6957, mclifford@killington.com or Barry Speare at 802-422-6132, bspeare@killington.com. Cards purchased on line or in person at the resort, may be picked up at the Killington Edge Center in the Snowshed Base Lodge from 9 a.m. - 3 p.m. daily.

Based in Newry, Maine, American Skiing Company is the largest operator of ski, snowboard and golf resorts in the country. Other resorts include: Sunday River and Sugarloaf/USA in Maine; Sugar bush and Mount Snow in Vermont; Attitash Bear Peak in New Hampshire; Heavenly in California/Nevada; and Steamboat in Colorado. For more information, visit Killington's website at www.killington.com.

Family Emergency Hotline: 1-800-472-0328

Drill Dates

March 1, 2, 3

April 13, 14

May 4, 5

June 8, 9

July NO DRILL

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